

IN THE APPLICATION

OF

Joseph Deluise
and
Peter Cornelia

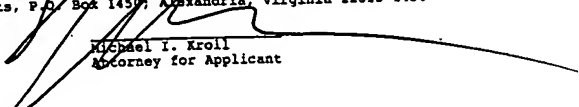
FOR

Rolling Exercise Device

FILED WITH

THE UNITED STATES PATENT AND TRADEMARK OFFICE

EXPRESS MAIL MAILING CERTIFICATE
Express Mail mailing label number: EE 353 878 368 US
Date of Deposit 30 December 2003
I hereby certify that this paper or fee is being deposited with
the United States Postal Service "Express Mail Post Office to
Addressee" under 37 CFR 1.10 on the date indicated above and is
addressed to "Mail Stop Patent Applications, Commissioner
for Patents, P.O. Box 1450, Alexandria, Virginia 22313-1450"


Michael I. Kroll
Attorney for Applicant

Deluise; Atty. Doc. No. JD-1-am-mv; 31 July 2003

BACKGROUND OF THE INVENTION

Field of the Invention

The present invention relates generally to exercise equipment and, more specifically, to an exercise device comprised of an upper body member and a lower body member each comprising a padded platform having wheels. A user kneels on the lower body member and grasps the upper body member with their hands, optionally resting their forearms on the upper body member and from this starting position extends their body to a desired position before returning to the starting position. This procedure is repeated for the number of desired repetitions.

The present invention provides two types of exercises: the first is referred to as a mini-crunch and isolates the abdominal muscles to provide a focused workout, while the second exercise, hereinafter referred to as the stretch and crunch, provides a full upper body workout including the abs, arms, back and shoulders. Both exercises are designed to allow the user to perform the workout without impingement of the neck or back as is common with many exercise devices known in the art.

Description of the Prior Art

While there are other exercise devices that substantially target the abdominal muscles, they are not as suitable as the present invention. The present invention relieves the back pressure that is associated with the single wheeled devices of the prior art by providing the user with means to return to the starting position using both the upper and lower body muscles.

Therefore, it is felt that a need exist for an exercise device comprising two independently movable members having wheels whereby one or both can be moved relative the other.

Furthermore, the device provides different hand holds for varying the focus of the workout.

SUMMARY OF THE PRESENT INVENTION

A primary object of the present invention is to provide an exercise device for exercising the abdominal area.

Another object of the present invention is to provide an exercise device comprising an upper and lower body member.

Yet another object of the present invention is to provide an exercise device wherein said upper and lower body member have a plurality of wheels thereunder.

Still yet another object of the present invention is to provide an exercise device wherein said wheels are axially mounted between rigid plates constraining rotation to linear movement.

Another object of the present invention is to provide an exercise device having an upper body member having a frame with transverse members fixedly attached and extending between frame sides.

Yet another object of the present invention is to provide an exercise device having a platform fixed to said transverse members having a cushion mounted thereon.

Still yet another object of the present invention is to provide an exercise device having a portion of said frame extending beyond said cushion forming handles.

Another object of the present invention is to provide an exercise device having a vertically extending arch forming a handle.

Additional objects of the present invention will appear as the description proceeds.

The present invention overcomes the shortcomings of the prior art by providing an exercise device comprising an upper body member and a lower body member each having a padded platform having wheels. A user kneels on the lower body member and grasps the upper body member with their hands; optionally resting their forearms on the upper body member and from this starting position extends their body to a desired position before returning to the starting position. This procedure is repeated for the number of desired repetitions.

The foregoing and other objects and advantages will appear from the description to follow. In the description reference is made to the accompanying drawings, which forms a part hereof, and in which is shown by way of illustration specific embodiments in which the invention may be practiced.

These embodiments will be described in sufficient detail to enable those skilled in the art to practice the invention, and it is to be understood that other embodiments may be utilized and that structural changes may be made without departing from the scope of the invention. In the accompanying drawings, like reference characters designate the same or similar parts throughout the several views.

The following detailed description is, therefore, not to be taken in a limiting sense, and the scope of the present invention is best defined by the appended claims.

BRIEF DESCRIPTION OF THE DRAWING FIGURES

In order that the invention may be more fully understood, it will now be described, by way of example, with reference to the accompanying drawing in which:

FIGURE 1 is an illustrative view of the starting position of the mini crunch exercise;

FIGURE 1A is an illustrative view of the extended position of the mini crunch exercise;

FIGURE 2 is an illustrative view of the starting position of the stretch and crunch exercise;

FIGURE 1A is an illustrative view of the extended position of the stretch and crunch exercise;

FIGURE 3 is an illustrative view of the starting position of the mini crunch exercise;

FIGURE 3A is an illustrative view of the extended position of the mini crunch exercise;

FIGURE 4 is an illustrative view of the starting position of the stretch and crunch exercise;

FIGURE 4A is an illustrative view of the extended position of the stretch and crunch exercise;

FIGURE 5 is an illustrative view of the present invention in the starting position for mini crunch exercise;

FIGURE 6 is an illustrative view of the present invention in the extended position for mini crunch exercise;

FIGURE 7 is an illustrative view of the present invention in the starting position for stretch and crunch exercise;

FIGURE 8 is an illustrative view of the present invention in the extended position for stretch and crunch exercise;

FIGURE 9 is a perspective view of the present invention;

FIGURE 10 is a perspective view of the upper body member of the present invention;

FIGURE 11 is a bottom perspective view of the upper body member of the present invention;

FIGURE 12 is a perspective view of the lower body member of the present invention; and

FIGURE 13 is a bottom perspective view of the lower body member of the present invention.

DESCRIPTION OF THE REFERENCED NUMERALS

Turning now descriptively to the drawings, in which similar reference characters denote similar elements throughout the several views, the figures illustrate the Rolling Exercise Device of the present invention. With regard to the reference numerals used, the following numbering is used throughout the various drawing figures.

- 10 Rolling Exercise Device
- 12 user
- 14 upper body member
- 16 lower body member
- 18 base member of 14
- 20 left handle of 18
- 22 right handle of 18
- 24 front handle of 18
- 25 roller element of 18
- 26 wheels of 18
- 28 frame of 18

- 30 base plate of 18
- 32 cushion element of 18
- 34 base member of 16
- 36 roller element of 34
- 38 wheels of 18
- 40 frame of 18
- 42 base plate of 18
- 44 cushion element of 18
- 46 knees of 12
- 48 forearms of 12
- 50 hands of 12
- 52 rigid plates of 26
- 54 bumper guard

DETAILED DESCRIPTION OF THE PREFERRED EMBODIMENT

The following discussion describes in detail one embodiment of the invention (and several variations of that embodiment). This discussion should not be construed, however, as limiting the invention to those particular embodiments, practitioners skilled in the art will recognize numerous other embodiments as well. For definition of the complete scope of the invention, the reader is directed to appended claims.

FIGURE 1 is an illustrative view of the starting position of the mini crunch exercise. Shown is the present invention **10** with the user **12** kneeling on the lower body member **16** with their forearms **48** resting on the upper body member **14** and their hands **50** clasping the front handle **24**.

FIGURE 1A is an illustrative view of the extended position of the mini crunch exercise. Shown is the present invention **10** with the user **12** having extended their body into a substantially linear position with their arms and legs extended straight so as to move the upper body member **14** and the lower body member **16** away from one another as their hands **50** and knees extend outward

in opposing directions.

FIGURE 2 is an illustrative view of the starting position of the stretch and crunch exercise. Shown is the present invention **10** with the user **12** kneeling on the lower body member **16** with their hands clasping the right handle **22** and the left handle **20** of the upper body member **14**.

FIGURE 2A is an illustrative view of the extended position of the stretch and crunch exercise. Shown is the present invention **10** with the user **12** having extended their body into a substantially linear position with their arms and legs extended straight so as to move the upper body member **14** and the lower body member **16** away from one another as their hands **50** and knees extend outward in opposing directions.

FIGURE 3 is an illustrative view of the starting position of the mini crunch exercise. Shown is the present invention **10** with the user **12** kneeling on the lower body member **16** with their forearms **48** resting on the upper body member **14** and their hands **50** clasping the front handle **24**.

FIGURE 3A is an illustrative view of the extended position of the mini crunch exercise. Shown is the present invention **10** with the user **12** having extended their body into a substantially linear position with their arms and legs extended straight so as to move the upper body member **14** and the lower body member **16** away from one another as their hands **50** and knees extend outward in opposing directions.

FIGURE 4 is an illustrative view of the starting position of the stretch and crunch exercise. Shown is the present invention **10** with the user **12** kneeling on the lower body member **16** with their hands clasping the right handle **22** and the left handle **20** of the upper body member **14**.

FIGURE 4A is an illustrative view of the extended position of the stretch and crunch exercise. Shown is the present invention **10** with the user **12** kneeling on the lower body member **16** with their hands clasping the right handle **22** and the left handle **20** of the upper body member **14** whereupon the user **12** extends their body into a substantially linear position with their arms and legs extended straight so as to move the upper body member **14** and the lower body member **16** away from one another.

FIGURE 5 is an illustrative view of the present invention **10** in the starting position for mini crunch exercise. Shown is the present invention **10** comprised of an upper body member **14** and a lower body member **16** wherein each member has means for moving linearly in a forward or reverse movement depending on the user **12**. Depicted is the starting position of the mini crunch exercise wherein the knees **46** are placed on the lower body member **16** while the forearms **48** are placed on the upper body member **14** with the hands **50** grasping the front handle **24**. An alternate arm position for the mini-crunch has the user **12** clasping their hands **50** together extended beyond the front handle **24**. The user **12** moves from the starting position to an extended position and back again which isolates and exercises the abdominal muscles.

FIGURE 6 is an illustrative view of the present invention **10** in the extended position for mini crunch exercise. As previously stated, the present invention **10** has an upper body member **14** and a lower body member **16** with each member having means for moving linearly from a starting position to an extended position and back for the desired repetitions. Illustrated is the extended position where the upper body and lower body are used to space the members **14,16** apart. In addition to the abdominal workout received, the upper

body and/or lower body can be targeted for additional workout by keeping either the upper body member **14** or the lower body member **16** in a stationary position while moving the other more vigorously.

FIGURE 7 is an illustrative view of the present invention **10** in the starting position for stretch and crunch exercise. Shown is the present invention **10** comprised of an upper body member **14** and a lower body member **16** wherein each member has means for moving linearly in a forward or reverse movement depending on the user **12**. Depicted is the starting position of the stretch and crunch exercise wherein the knees **46** are placed on the lower body member **16** while the hands **50** grasp the right handle **22** and the left handle **20** on opposite sides of the upper body member **14**. With the arms straight the user **12** moves from the starting position to an extended position and back again which exercises the abdominal muscles, arms, shoulders and back.

FIGURE 8 is an illustrative view of the present invention **10** in the extended position for stretch and crunch exercise. From a position where the arms are substantially straight the user **12** extends the arm and knees **46** from the starting position away from each other to the desired extended position and back

for the desired repetitions. Illustrated is the extended position where the upper body and lower body are used to space the members **14,16** apart. In addition to the abdominal workout received, the stretch and crunch serves to work the arms, back and shoulders while increasing flexibility and range of motion.

FIGURE 9 is a perspective view of the present invention **10**. Shown is the present invention **10** comprising an upper body member **14** and a lower body member **16** with each having means for moving linearly. The upper body member **14** has a frontally positioned arch extending vertically forming a front handle **24** for performing the exercise herein known as the mini crunch which isolates the abdominal muscles. There are also spaced apart bars positioned on opposing sides for use as a right handle **22** and a left handle **20** for performing a more aggressive upper body exercise herein known as the stretch and crunch. The lower body member **16** is used similarly in both exercises.

FIGURE 10 is a perspective view of the upper body member **14** of the present invention. Shown is the upper body member **14** having a base member **18** with a cushion element **32** disposed on the top side thereof whereupon a user can position their forearms while grasping the front handle **24** that extends from

the front with their hands. Handles **20,22** are located on each side and spaced away from the cushion element **44** that the user **12** grasps while keeping their arms somewhat rigid performing a more rigorous exercise.

FIGURE 11 is a bottom perspective view of the upper body member **14** of the present invention. Shown is the upper body member **14** comprised of a frame **40** having transverse members fixedly attached and extending between opposing sides of the frame with brackets positioned on the adjacent sides of the transverse members and frame **40**. In addition to the transverse members, these form a platform for a rigid planar base plate **42** that is used to support a resilient padded cushion element **44** that forms a padded surface for the users comfort while using the device of the present invention. Those parts of the frame **40** extending beyond the transverse members form a right handle **22** and a left handle **20** for the use of the device. Additionally, there is a front handle **24** positioned on the side facing away from the user's **12** body. The front handle **24** or side handles **20,22** are grasped by the user **12** for manipulation of the device during use. The wheels **26** positioned on each of the adjacent corners are rotative linearly being axially fixed to rigid plates **52** to prevent lateral movement during use. Depending on the exercise the user has the option of

using the centrally positioned arching front handle **24** or the spaced apart handles **20,22** on opposing sides.

FIGURE 12 is a perspective view of the lower body member **16** of the present invention. Shown is the lower body member **16** of the present invention comprised of a frame **40** and a cushion element **32** on the top side for engagement by and the comfort of the user during exercising. There is also an elastomeric element in the form of a strip forming a bumper guard **54** to protect the lower body member **16** in the event of engagement with the upper body member **14**. The wheels **38** perform in the same manner as on the upper body member **14** and are constrained by rigid plates **52** to move linearly.

FIGURE 13 is a bottom perspective view of the lower body member **16** of the present invention **10**. Shown is the lower body member **16** comprised of a frame **40** with brackets positioned on the corners. The frame **40** forms a platform for a rigid planar base plate **42** that is used to support a resilient padded cushion element **32** that forms a padded surface for the user's **12** comfort while using the device. The wheels **38** positioned on each corner are axially fixed to rigid plates **52** to prevent lateral movement during use.

It will be understood that each of the elements described above, or two or more together may also find a useful application in other types of methods differing from the type described above.

While certain novel features of this invention have been shown and described and are pointed out in the annexed claims, it is not intended to be limited to the details above, since it will be understood that various omissions, modifications, substitutions and changes in the forms and details of the device illustrated and in its operation can be made by those skilled in the art without departing in any way from the spirit of the present invention.

Without further analysis, the foregoing will so fully reveal the gist of the present invention that others can, by applying current knowledge, readily adapt it for various applications without omitting features that, from the standpoint of prior art, fairly constitute essential characteristics of the generic or specific aspects of this invention.